



# Coaching Profile | **Grace Cooper**

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## **Grace Cooper**

Goose Creek Consulting

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### **Mental Health**

### **Career Development**

### **Assessments**

## **Background**

Grace Cooper is a coach and the head of the consumer coaching practice at Goose Creek Consulting. Grace has a strong interest in taking a holistic approach to helping clients approach life's challenges and in helping people reach their full potential. Grace starts with a focus on how people see themselves and who they want to be, helping people identify their values and aligning their values with their behaviors. Grace has a special interest in considering mental health, reducing anxiety, exploring life's traumas, nutrition, exercise, goals and challenges to fulfill this holistic approach to coaching.

Grace is certified in the Hogan Assessments, a tool that measures values and provides an outside view of how they will be perceived by others on an everyday basis and under stress and when not paying attention.

Grace is also certified in the California Psychological Inventory 260 (CPI 260) assessment tool, a psychological tool that digs deep into personality. She is also able to administer the Strengths Deployment Inventory 2.0 and the STRONG Interest Inventory.

Grace has an interest in working with teenagers, young adults and leaders. In addition to her certifications in the Hogan and the CPI, she is certified in leadership development and organizational culture tools. In all aspects of her work, she considers the combination of using coaching and therapeutic tools to help people reach their goals and achieve lifelong change.

Prior to working at Goose Creek Consulting, Grace worked as a Program Manager for The Henry M. Jackson Foundation for Advanced Military Medicine, where she oversaw a \$7M program that conducted research into the impact of traumatic injuries. She also worked as a project coordinator on a federal grant, an administrative associate for a research firm, a drama therapy intern working to increase social skills for those with developmental disabilities and autism and as a teacher's assistant. She also is the vice president for solutions at Goose Creek, where she leads a team focused on innovating in the area of helping people.

## **Professional Experience**

*Coach and Vice President for Solutions, Goose Creek Consulting LLC*  
*Program Manager, The Henry M. Jackson Foundation*

## **Education**

B.A., Psychology, McDaniel College

## **Client Experience**

Defense Health Agency, Millennium, Challenge Corporation, National Science Foundation, Commodities Futures Trading Commission, USDA, Washington Metropolitan Transit Authority

